

Instant Pot CHICKEN TACO SOUP

www.pinkwhen.com



83%

HEALTH SCORE

Instant Pot Chicken Taco Soup



Gluten Free



Dairy Free



Very Healthy

READY IN



25 min.

SERVINGS



4

CALORIES



346 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 pound chicken breast
- 10 oz black beans canned
- 10 oz corn canned
- 4 oz chiles green chopped canned
- 28 oz canned tomatoes diced canned
- 2 tsp chili powder
- 0.3 cup coriander leaves dried
- 1 medium bell pepper green finely chopped

- 0.3 cup spring onion chopped
- 1 tbsp olive oil
- 1 onion finely chopped
- 1 cup water

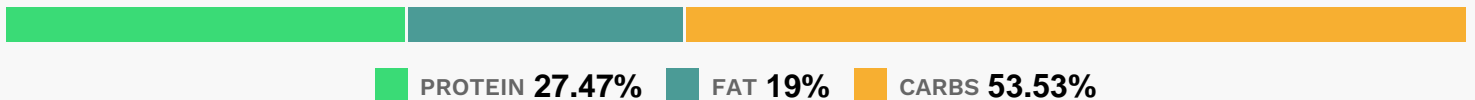
Equipment

- bowl
- instant pot

Directions

- Press the
- Saute button on the Instant Pot and heat oil.
- Add onion and bell pepper and saute until translucent.
- Add tomatoes including juice and add water. Make sure to scrape all of the bits from the sides and bottom of the Instant Pot as you are stirring.
- Add chicken, chili powder, corn, black beans, green onions, green chilis, and cup of cilantro. Lock lid. Press the manual or pressure cook button and set time for 15 minutes. When time is up, do a quick release until the valve drops and then unlock the lid. Shred the chicken using two forks and then let the soup simmer for 5 minutes.
- Serve the soup into bowls and then top with your favorite toppings such as sour cream, cheese, avocado, etc.

Nutrition Facts



Properties

Glycemic Index:26.75, Glycemic Load:4.81, Inflammation Score:-10, Nutrition Score:41.680434782609%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 1.41mg, Luteolin: 1.41mg, Luteolin: 1.41mg, Luteolin: 1.41mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg Myricetin: 0.01mg, Myricetin:

0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 6.91mg, Quercetin: 6.91mg, Quercetin: 6.91mg, Quercetin: 6.91mg

Nutrients (% of daily need)

Calories: 345.99kcal (17.3%), Fat: 7.81g (12.01%), Saturated Fat: 1.18g (7.38%), Carbohydrates: 49.52g (16.51%), Net Carbohydrates: 37.23g (13.54%), Sugar: 11.93g (13.25%), Cholesterol: 36.29mg (12.1%), Sodium: 887.31mg (38.58%), Protein: 25.41g (50.82%), Vitamin K: 230.44µg (219.47%), Vitamin C: 142.69mg (172.95%), Manganese: 1.62mg (81.05%), Iron: 11.45mg (63.62%), Vitamin B3: 11.46mg (57.28%), Potassium: 1919.97mg (54.86%), Vitamin B6: 1.02mg (50.86%), Magnesium: 200.37mg (50.09%), Fiber: 12.29g (49.14%), Copper: 0.86mg (42.96%), Folate: 160.25µg (40.06%), Vitamin A: 1920.46IU (38.41%), Phosphorus: 382.7mg (38.27%), Selenium: 25.12µg (35.89%), Vitamin B1: 0.52mg (34.62%), Calcium: 311.04mg (31.1%), Vitamin B2: 0.52mg (30.55%), Vitamin E: 3.91mg (26.06%), Vitamin B5: 1.59mg (15.94%), Zinc: 2.34mg (15.62%), Vitamin B12: 0.11µg (1.89%)